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158

Unknown to Herbert. Sibbels
description of this work is taken
from this copy then in the
possession of Rob. Triphook, of
whom the Marquis of Blandford
(Duke of Marlboro) bought it.
It was purchased for me by
Triphook at the sale of the
White Knight's Library 1717.

L.B.

In the Library of Peter House,
Cambridge, there is a fragment
of this Book pasted within
the wooden covers of the binding
of an edition (1499) of *Guillelmi
Lermones*.

members of the body

The . v . When it schall be season to be lett bloode

The first I sayde the tokenes of this infirmite . vii . thynges ought to be noted in the same
The first is Whan in a sommers dape the We
ter often times chaungeth / as in the mornig
the Wyndr appereth to rayne / after ward it ap
perith cloudy & atte last Wyndy in the south

The seconde token is Whan in sommer the
dapes apperith al derke & like to rayne & yet
hit rayneth not And if many dapes so con
tinue it is to drede of grete Pestilence

The thirde token is Whan grete multitude
of Ryes ben vpon the eerthe thenne it is signe
the ayer is venemous and infect

The fourth token is / Whan the sterres se
men ofte times to falle : then hit is token that
the ayer is infecte With moche venemous va
pours

The . v . token is Whan a blasynge sterre
is see in the element / thenne it sholde fortune
sone after to be grete manslaghter in bataylle

The . vi . token is / Whanne there is grete
lyghtnyng and thundre namely oute of the

Where begynneth a litil boke the whiche
 traptied and releued many gode thinges
 necessaries for the infirmite & grete seke-
 nesse called Pestilence the whiche often ti-
 mes infecteth us made by the most expert
 Doctour in phisike Bisskop of Arusiens
 in the realme of Denmark Añ

At the reuerence & Worschip of the Bles-
 sed Trinite & of the glorious Virgyn
 saynt Marpe & the conseruation of the
 comyn Wele of alle cristen people / as Wel for
 them that ben hole as for remedie of them that
 been seke / I the Bisskop of Arusiens in the roy-
 alme of Denmark Doctour of Phisique Wille
 Write by the moost experte and famous Doc-
 tours auctourised in Phisike somme thynges
 of the infirmite of pestilence whiche dayly en-
 fecteth / & sone suffreth vs to departe oute of
 this lyfe

First I wil Write the tokenes of this infirmite
 The second the causes wherof ye cometh
 The thirde remedies for the same
 The fourth comfort for the herte & the pñcipal

tyme be vniuersall & somtime particular: fro
the rote aboue it fortuneth the causes of the bo
dyes aboue in the ayer by Whome the spyrte
of lyfe ys corrupte in a man or in a beste In
like wyse as Aupenne sayth in his fourthe
boke / By the forme of thayer aboue the Bo
dyes benethe lightly be infecte . For thynp
sions aboue corrupteth the ayer / and soo the
spyrtes of a man ben corrupte . This infir
mite cometh also from the rote aboue & byne
the / Whanne of thynpssions aboue the ayer
is corrupt and of the putrefaction or roty
careyn of the vyle places bynethe an infirmi
te is caused in a man And such an infirmi
te somtime is an ayres / somtime a postume or
a wellpug and that ys in many thynges .
Also the ayer inspired somtime is venemous
and corrupt / hurtynge the herte that nature
many wayes ys greued / so that he perceyuet
not his harme . for the vyne appeareth fayer
and sheweth gode dygestion / yet neuerthelesse
the pacient ys lyke to dye / Wherefore many
Whispcions seynge the byn of their patients
they speke supficially and be deceyued Ther

South

¶ The .vii. token is Whan grete Wyndes
passen out of the south they be foule & vncleane
therefore Whan these tokenes appere it is to drede
grete pestilence But god of his mercy Wille re-
meue it

¶ These thinges folowynge be the causes of pe-
stilence

¶ The Pestilence cometh of thre thinges, so-
time it cometh fro the rote bynethe, Otherwhile
fro the rote aboue, so that We may fele sensy-
bly howe the chaunge of the ayer appereth But
to be And somtyme it cometh of bothe to gi-
de as wele fro the rote aboue as fro the rote by-
nethe, As We see a sege or prauyn next to a
chambre or of any other particuler thyng whi-
che corrupteth the ayer in his substance & qua-
lite Whiche is a thinge may happe euery daye
And therof cometh the ague of Pestilence;
And aboute the same many phisicians be de-
ceyued: not supposyng this ayer to be a Pe-
stilence, so time it cometh of dede carcyn or cor-
ruption of standing Waters i ditches or flou-
res & other corrupt places & these thinges som

nes . To the second question I saye that Pe-
stilence sores be contagious By cause of infecte
humours bodes and the wet or smoke of su-
che sores is venemous and corrupteth the ayer
And therfore it is to flee fro suche persons as
be infect : In Pestilence time no body sholde
stande in grete prynces of people be cause some ma-
of them may be infect Therfore Wyse Physicy-
ens in Visityng seke folke stande farr fro the
patient holdyng their face towarde the doore or
Wyn-dowe And so sholde the seruantes of seke
folke stande . Also it is gode to a patient eue-
ry daye for to chaunge his chambre & often ti-
mes / to haue the Wyn-dowes opene agens the
north and east and to speere the Wyn-dowes a-
gens the south For the south Wynde hath . ii .
causes of putrifaction The first is it maketh
a man beyng hole or seke feble in their bodies
The seconde cause is as it is writon in the . iii .
of Amphorismys the south Wynde greyneth the
heerynge & hurteth the herte by cause it openeth
the pores of man & entreteth into the herte Ther-
fore it is gode to a hole man in tyme of Pes-
tilence Whan the Wynde is in the south to bee

3
For it is neede / that euery pacient prouyde to
hym selfe a gode and expert Physicion These
thynges wynton before are the causes of Pe-
stilence : But aboute these thynges . ii . que-
stions be meoued . The fyrst is Wherefore one
dyeth & another dyeth not in a towne Where
men be & in one house & in another house ther
dyeth none . The second questyon is : Whether
Pestilence sores be contagious . To the fyrste
questyon I saye it may happe to be of . ii . cau-
ses That is to saye of that thyng that doth &
of that thyng that suffereth An ensample of
that thyng that doth / the Influence of the so-
dyes aboue / beholde that place or that place
more than this place or this place And the pa-
cient ys more disposed to dye than another :
Therefore it is to be noted that bodies be more
hote disposed of oopen pores than bodies in
fect hauing the pores stoped With many hu-
mours Where bodies be of resolution or openig
as men Welche abusen them selfe With Wy-
men or vsen often times bathis / or me that
be hote With labour or grete angre : they haue
their bodies more disposed to this grete seke :

after the middes of the daye thenne opene the
Wyn Dowes agenst the north. Of the same cau
se euery foule stynche is to be eschewed, of sta;
bpl, stynking fel dyes Wayes or stretes, and
namely of stynkynge & careyn and most of
stynkynge Waters Where in many places Wa
ter is kepte, ii, dayes or, ii, nyghtes; Or
ellys ther be gutters of Water casten, Under
therethe Which caused grete stynke and corrup
cion And of this cause some dye in that hous
Where suche thynges happen, and in another
hous dye none as it is sayd afore Lyke Wyse
in that place Where the Wartes and cooles pu
trefyed it maketh a noyfullt sauour & styn
kynge For in lyke Wyse as by the swete odour
of balme the herte and the spyrites haue recre
acion, so of euyl sauours they be made feble
Wherefore kepe your hous that an infecte aye
entre not in; for an infecte ayeer moost cau
seth putrifaccion in places and houses Where
folke slepe Therefore lette your house be cleane &
make clerefyre of Wode stamynge, Lett your
hous be made With fumigacion of herbes that
ys to saye With leups of baye tree Jenever ybe

Within the house al daye & yf it schal be neede a
man to goo oute / yet lete hym abide in hys
house / tyl the sonne be vp in the East passeng
southward

¶ Here after folowen the remedies for the
Pestilence

¶ Now it is to bete by what remedies a mā
may pserue him selfe fro pestilence / first see the
Writing of Jeremy the pphete that a mā ought
to forsake euyl thinges & doo gode & des & me
kely to qfesse his sinnes / for Why it is the hy
est remedie i time of pestilence / penaunce & cō
fession to be pferred al othet medicynes Neuer
theless I pmitte you welly it is a gode reme /
dye to wyde and chaunge thynfect place But
somme may not proufitably chaunge theire
places Therfore as moche as to them is possible
it is to escheue euery cause of putrifacō and
stynking and namel yeuery fleschly lust With
Wymmen is to be eschewed / Also the sothern
Wynde Whiche Wynde is naturallly Infectyf
Therfore spere the Wyndowes ayenst the southe
i like wise as it is sayd before til the first houre

often times Drinke in the daye But not moche
to gyder For moche habondaunce of Drynke pu
tryfieth the humours / Also be Ware hote thin
ges in metes as Peppyr and Garlik / though
peper purgeth the Brayne from flidme and spe
cially the membres from Viscous humours /
yet it maketh moche hete / and hete falleth into
putrifaction / Bitternes onely is more to please
than hote odour or saour Also garlik though
it purgeth fleame & putte oute euyl humour
and poked an appetite to ete / and suffreth
nood drie aper to entre / yet it troubleth the ey
en and maketh the hede hote therfore it ys not
good to ete garlyk The Pestilence groweth of
ten times of an hote cause / therfore alle metes
the more they be of light digestion : so moche
they be the better . In the morning ete boyl
ed mete / at eyn rosted / forbere broth and
potage Withoute they be eygre In the tyme of
this sickenesse of Pestilence eygre metes be mo
che better than other metes / Also forbere alle
frutes But if they be eygre / as cherries or po
mme garnates or a littill of a pere or a lytill of
apple By Waye of Mediane by cause all frute

Breth of another. Also of infecte a yer a mā's
eyen be made symme yf he bere not these for;
sayde thinges in hys hande? also it is holsem
that ye Wasche your mouth, face, eyen and
handes often times in the daye With rose Wat
medled With Vynegre And yf ye haue noo
rose Water take Vinegre: And so these thynges
Used ye may goo surely emonge the people. Al
so a naturall laye of the hely is a grette remedy
ellys pvoke a laye by a suppositoꝝ craftely
Use pillles pestilenciales for they be gode they
be in thapoticary shoppes. Also kepe fyre alle;
Waye in your hous For it letteth moche the
Impressions of the bodyes aboue and clarefy;
eth the ayer. Also it is proufitable as Wel for
hole & seke folkes to drynke Triacle Therefore
take it. ii. times a daye With clere Wyn lym
phat or With clere rose Water or With clere ale
Take a quātitie of Triacle & ii. sponesfull of
clere Wyn or rose Water or ale, Dissolue the tri
acle in the cuppe and drynke it and dyne not
tyl the myddes of the daye so that the Triacle
maye haue his operation, thenne chese a gode
disshe With mete and drynke clere Wyn, and

tree : Also it is gode to Wasse your handys
ofte times in the daye With Water and Vyne-
gar and Wipe your face With your handys &
smelle to them Also it is gode al Waye to sa-
uour aggre thynges . In the mount of Des-
solane I might not eschewe the company of peo-
ple for I Wente fro hous to hous By cause of my
pouerte to cure sike folkes : therfore brede or a
sponge sopped in Vynegar I toke With me hol-
dng it to my mouthe and nose be cause alle
aggre thynges stoppen the Wayes of humours /
and suffreth no venemous thynges to entre in
to a manns body & so I escaped the pestilence
my felowes supposing that I shold be not lyue /
These forsayd chinges I haue pved By my selfe

Here foloweth the comfortes of the herte &
of the principall members

The comfortes of the herte be these / saffron
Carnifry Planteyn With other herbes / they o-
ppn the inward spryte and these be gode emog
the comyn people where lightly it happeth that
one is infect of another / therfore be Ware the

riozgani it is in thapothicary shoppes Worm ;
Wode / wde / nugwort & of the tree of aloes Whi
che is besie but it is dew / Suche a fume taken
by the mouthe & eerys openeth thynward par
tes of the body . Also it is tescdwe alle grete
repleyons by cause full bodyes be lightly in
fecte As auncenne sayth in the fourth canon
They that chargen their bodyes With repleccid
shorten their lyff . Also comyn bathys are to
be eschewed / for a lital crust corrupteth al the
body . Therefore the people as moche as is pos
sible is to be eschewed lest of infect brethys som
man be infect ; But Whan the multitude of pe
ple maye not be eschewed / thenne vse the reme
dys folowynge . In the mornynge Whan ye
ryse / Wesshe a lytil wde & one or two fylberd
nothes clene With salte & ete them and yf that
can not be had than ete brede or a toste soppyd
in Vynegre namely in troubelous & cloudy We
dyr . Also in the tyme of pestilence it is bet
ter to abyde Within the hous / for it is not hol
som to goo in to the Cyte or towne / Also lette
your hous be sprenklyd special lyt somer With
Vynegre and roses and With the leys of Vyn

Ward hete I duced popp to the hert & to other spe
cial mebres so that vnethe ony herke may take
a way suche popp which shold not be if a mā
wold be moeuig to & fro But some wold aye
wherefore shold slepe be eschewed. I say shortly
that i pestilence time anon after mete yf a body
list to slepe, thenne suche a lust ought to be for
borne by a space walkyng in the gardynes or
feldys, and thenne make a naturall slepe by
the space of an houre after mete: and therefore
Auyenne writeth that if a man wold slepe
he must drinke a gode draught of ale or Wyne
afore, by cause a man byng a slepe draweth
many humours & the euyl humours be putte
doun by thumours of a gode draughte But
somme wold vnderstonde how may a mā fele
whan he is infecte. I saye that a man which
is infecte, that daye eteth not moche mete.
For he is replenysshed With euill humours &
forth With after dynner he hath luste to slepe &
feleth grete hete vnder colde: also he hath grete
payne in the forthe, But alle these thinges he
maye putte awaye by moeuynge of a space
by &er and thider to ryde or to walke he may

endureth putrifaction. & Ete conuenient spys
as gynger cynamum comyn mace & saf-
fron: These be the best sause that may be made
for riche people. For poure Take redde sage fil-
bertes nuttes percellly With Vynegre mynst to
gyder These be gode & letteth putrifaction. To
be mery in the herte is a grette remedie for helth
of the body. Therefore in time of this grette in-
firmite be ware ye drede not deeth But lyue me-
relly and hope to lyue longe

¶ For the letting of blode

¶ Letting of bloode ones in the moneth may
be made But aage or other thinges forbide hit
as pilgrymes or feble persones Whiche haue the
flixe, suffre to be lette bloode in the wyne cal-
led Basilica on the ryght or lyfte side, before
eting and after incision of the Basilica be me-
ry and drynke Wyne or ale or bibe temperate-
ly. Slepe not that daye Whan Basilica is cut
If ye fele you greued to be infecte than eschewe
slepe & be walking & moeuing For by slepe tyn

For a lytell bledynge meueeth strongly the Re;
nym as it ys sayd afore . Also a man Whe;
ther he be infect or not yf he be lette bloode . let
hym forbere slepe al that daye tyl midnyghte
folowynge . and alwaye lette bloode that wyne
vpon that syde of the body Where the swelling
appereth Therefore yf a swelling appere vnder the
right arme lette bloode in the middes of the same
arme in the wyne called Medyana / yf it ap
pere vnder the lyft arme lette hym bloode i the
myddes of the same or in the wyne of the ly;
uer Whiche ys aboue that lityl fynge . and
yf it be aboute the shere / lette hym bloode aboute
the helle vpon the same side / yf the swelling be
in the necke / lette hym bloode in the wyne cal
led Cephalica aboute the thombe in the hande
of the same syde . or in the wyne the Whiche is
called Medyana of the same arme / or in the
hande of the same syde aboute the lytell fyn
ge And ouermore yf the swelling appere a
boute the eere lette hym bloode in the wyne cal
led Cephalica of the same syde Or in the wyne
Whiche ys betwene the longe fynge and the
thombe / lest many venemouse thynges geo

not for sleuthe of the body and the Weyghte of
thesame / Also a man the Whiche is infecte
hath lust to slepe euery houre of the daye and
nighte . For the Venym beinge Within the bo
dy troubleth the spiryte of lyff soo that alle
Waye he wolde reste and slepe And so of these
tokens a man schall knowe and fele hym selfe
infecte And yf a body wille not beleue thys
Abyde the middes of the daye and than anon
he schall fele a swellinge vnder the arme or a
boute the shawe or aboute the eerys and ther
fore see an hye and a gode medycyne / forbere
slepe be cause of tho thynges afore sayde and
reherced And it is playne that the spiryte of
lyfe resteth in slepe and all the body here and
there is Venymed / Alle these thynges I haue
pued by my selfe These thinges knowen When
a man feleth hym selfe infecte as sone as he
may lette him be lette bloode plenteously tyl he
be swoune thenne stoppe the wayne . For a ly
till letting of bloode moeueth or styreth Venym
And yf it be so that a mā wille not haue ma
ny waynes cutte to gyde / then lett hym suffre
the wayne cutt to reue til the bloode withdraue

cause such a swelling putteth oute alle euylle
and maketh a man verray hole And that the
foner a swelling may be made rypp / take this
medicynne as foloweth : Bruise the leaues of an
Elder tree & putte thereto grounde mustard / &
make a playster therof and putte it vpon the
swelling : Somme surgeons wille put Try
acle vpon the swelling / But doo not so for tri
acle putteth out venym Therefore drynke Try
acle for that putteth oute the same . Also ther
is another medicynne Take sengrene hyl wort
otherwyse called wilde tyme maudelyn graspe
plantyn and a litl rypp floure and beate all
these to gyder tyl ye see water come oute therof
Medyll that water with womans milke &
gyue it to the pacient fasting before slepe & it
wille worke to better for to remeue the swel
ling : Also for the swelling whan hit apped
Take filberd nottes fygges & rewe / Bruise
them to gyder & laye it vpon the swelling
¶ These remedies be sufficient to escheue this
grette sickenesse With the helpe of god To Whom
be euilastayning laude & praysing world With
outen ende **¶** **A** **M** **E** **N**

into the Brayne, or lett blode the wayne Why
the is aboute the lytil fyngre that ys named
by the phisicians basilica And if a swelling
appere in the sholdres lesse it With ventosite and
first lesse the wayne called Mediana, yf the
swelling be on the backe, lesse it upon the way
ne called pedica magna & alle these thynges be
made yf a man slepe not before the knobleche
of the swelling But and yf he fele suche swel
ling after slepe, thenne o, the contrarie parte
the lettynge of blode must be made, As yf the
swelling appere in the right arme lette him blode
in the lyfte arme in Epate or basilica or media
na And yf a swelling appere vnder the lyfte
arme, lette him blode in the right arme in ly:
ke wise as yt is sayd of the lyfte arme And
so of other places of the body, lette blode on the
contrarie parte of suche swelling And if the
lettynge of blode be verray litle and feble then
lette the pacient slepe after the myddes of the
daye and al waye in the myddes of the daye he
must be in continuell meuyng ridyng or go
yng moderatly: And after ward yf the swel
lyng growe lette hym not be aser of sette by